

God's Got An Answer Series #1
God's God an Answer for Anxiety and Worry!

Definition: **Anxiety** is an intense emotional reaction, usually of dread, to a *perceived, anticipated, or future* danger. It is "A feeling of worry, nervousness, unease, apprehensive uneasiness over an impending or anticipated event.

We are inclined to be anxious by, both, nature and nurture.

How can I overcome my anxiety?

1. Develop a pattern of healthy thinking!

Stop and think about what you are thinking about. This is called metacognition. Romans 12:2 (NIV and NLT); Philippians 4:8

How? You can start a whole new thought process....

Daily practice thoughts of praise and thanksgiving.

Daily affirm and engage faith and trust in God.

Practice this daily – 7 days a week

3 weeks equals 21 days.

Practice this for three cycles 21 days, 21 days, 21 days... 63 days.

2. Choose Praise, Prayer and Thanksgiving first, they can bring you peace. Philippians 4:4-7 (NIV)

3. Hang out with people of faith and hope who speak kind words of faith. Positive faith statements cheer us up.

Proverbs 12:25 (NIV)

4. Practice healthy Biblical lifestyle; lifestyle deeply impacts thinking.

Begin doing the Praise, Prayer and giving thanks. (Philippians 4:6-8)

Exchange your anxious despair for praise. (Isaiah 61:3).

Praise God and do good for others, even if it is a sacrifice to you.

Go do something that is beneficial to and for the Kingdom of God... make it about helping God fulfill His mission rather than just your anxious concern. Hebrews 13:15-16 (NIV)

Choose right actions and watch the results, they will likely impact your thinking.

5. Seek God's Kingdom first and everything else will fall in line after we do that. Matthew 6:25-34 (NIV)

When my life is more about the Kingdom of God than my personal interests, GOD will take care of the rest.

6. Ask the Holy Spirit to inspire you with the mind of Christ.
1 Corinthians 2:10-16 (NLT)

When we ask for and allow the Holy Spirit to be in full control of our life (psuche) we will have an understanding that supersedes the knowledge of this world and we can grow in peace because we have the mind of Christ.

Conclusion:

“Dear God, I struggle with anxiety and worry. I know, in big part, it is because I simply think the wrong thoughts. Please bind Satan from my thoughts and help me develop healthy Godly thought patterns. Please help me begin to do the things that strengthen my Christian walk of faith. And please help me keep your Kingdom plan first and foremost in my mind and life. Holy Spirit, fill me and give me the mind of Christ and put in me the peace that passes all understanding. Amen.

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